

Healthy Home Recipes for a Green Clean Environment

Go Green



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“Green” cleaning means using products that are non-toxic, inexpensive and really work to clean your house. Green Cleaning is the commitment to make, use, and dispose of cleaners with people and the environment in mind. You are making your world a little greener when you use a cleaning product that is safe and effective.

Why choose to clean green?

The EPA estimates that Americans spend 90% of their time indoors. Indoor air pollutants are 2-5 times higher than those of outdoor air and most come from cleaning products. *Green cleaning saves you money, makes your home healthier, and protects our water and nature from harmful chemicals.*

These recipes offer ways to make household cleaning products that are safe for you, your loved ones and the earth.



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Shopping list continued:

- **Borax**, A natural mineral that kills mold and bacteria. An alternative to bleach, it deodorizes, disinfects, and removes stains. Found in the laundry section.
- **Lemon juice**, a mildly acid-forming fruit juice that helps fight germs, fungus and breaks up grease.
- **Vegetable oil-based liquid castile soap**, a soap that breaks down safely and easily in the environment and gets things clean! Substitute vegetable oil-based dish soap in half quantity. Found in cleaning products section.
- **Distilled water**, instead of tap water, because it does not contain the minerals found in tap water, it will improve the power of your cleanser.



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Green cleaning shopping list:

- **Olive oil**, a safe product to use in place of wood polish.
- **Salt**, a non-scratching abrasive cleanser that fights germs.
- **Baking soda**, a cleanser that gets rid of odors, scours and increases soap's power. Found in the baking aisle.
- **Extracts**, found in the baking section, smell nice and can be used in place of air fresheners or as fragrance to cleaners. Try almond, orange, lemon, peppermint, vanilla and anise.
- **Vinegar (white distilled)**, a cleaner that cuts grease. Found in the salad dressing aisle.
- **Cornstarch**, Starches clothes, absorbs oil and grease. Found in the baking section.



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Warnings – Read these First

Never make household cleanser in an old cleaning bottle. The ingredients could react with the old contents.

When using a recipe order matters. Always follow the directions to avoid soap clumping and other reactions.

Borax can bother your eyes and is harmful if swallowed. Keep away from children and pets.

Essential oils can harm your skin and remove paint or finish. Avoid direct contact between essential oils and skin, eyes, or surfaces. Use only small amounts and keep away from children and pets.



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General Purpose Cleaners

The simplest:

Baking soda in warm water

Dissolve 4 tablespoons baking soda in 1 quart warm water for a general cleaner.

Or

Baking soda on a damp sponge cleans and deodorizes all kitchen and bathroom surfaces.

Or

Vinegar and salt

Mix together for a good surface cleaner.

Or

¼ cup Vinegar

1 gallon water

Mix together.

Clean and disinfect most surfaces.



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All purpose spray cleaner

16 ounce spray bottle
1 teaspoon Borax
2 tablespoons vinegar
¼ cup castile (vegetable
oil- based soap)
Hot water
A few drops of lemon juice or an
extract

How to make: Add Borax to hot
water in 16 oz. spray bottle, cap
and shake until Borax is dissolved.
Add vinegar and shake. Then add
castile and lemon juice or an
extract for fragrance.

This one cuts grease.



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All purpose spray cleaner

1 16 ounce spray bottle
1 tablespoon castile
Warm water

How to make: Dilute castile
soap with warm water.

Tip – If there is a film left after
using, wipe surface with
vinegar water mixture.

All purpose insect spray

1 16 ounce spray bottle
Fill with white vinegar
Spray as needed for flying insects

Fire ants

pour white vinegar on ant hill.



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Drain Cleaner

One-half cup of white vinegar followed by one half cup of baking soda

For slow drains, use this drain cleaner once a week to keep drains fresh and clog-free.

1/2 cup baking soda
1 cup white vinegar
1 gallon boiling water
1/2 a lemon

How to make: Pour baking soda down drain/disposal, followed by vinegar. Allow the mixture to foam for several minutes before flushing the drain with boiling water.



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Furniture Polish

This polish should to be made fresh each time you use it.

1 lemon
1 teaspoon olive oil
1 teaspoon water

How to make: Extract the juice from the lemon. Mix with oil and water. Apply a thin coat on your wood surface and let sit for five minutes. Use a soft cloth to buff to a deep shine.

Scratch Covers:

- Hide wood scratches by rubbing with the meat of a walnut.
- Rub furniture with a cloth dipped in cool tea.
- To remove water stains on wood furniture, dab white toothpaste onto stain. Allow the paste to dry and then gently buff off with a soft cloth.



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Scouring Powder

1 cup baking soda
1 cup Borax
1 cup salt

How to make: Mix well and put in a jar with a tight fitting lid and punch holes in the top. Use as any other scouring powder. Cover with plastic wrap when not using.

Tip – if this leaves a film, wipe surface with vinegar-water mixture.

Or

Baking Soda or Dry Table Salt. These are mild abrasives and can be used as an alternative to chlorine scouring powders. Simply put either baking soda or salt on a sponge or the surface, scour and rinse.



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Window/Glass Cleaner

1 16 ounce spray bottle
8 ounces vinegar
8 ounces water

How to make: Fill a spray bottle one quarter of the way with warm water. Add 8 oz. vinegar, cap and shake. Finish filling with warm water, cap and shake again.

Tip – use a dry cloth or paper towel to avoid streaks.

Window/Glass Cleaner

Club soda

How to make: Fill a small spray bottle with plain club soda. Spray onto window or glass surface and wipe.

Tip – use a dry cloth or paper towel to avoid streaks.



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No-Streak Glass Cleaner

1/4 cup white vinegar
1 tablespoon cornstarch
1 quart warm water

How to make: Mix the ingredients and apply with a sponge or pour into spray bottle and spray on. Wipe dry with crumpled newspaper, buff to a shine. (Use crumpled newspaper instead of paper towels for lint-free results.)



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Carpet Freshener

4 cups baking soda or cornstarch
35 drops vanilla extract or any combination
of your favorite extracts

How to make: Measure 4 cups of baking soda into a bowl, add extract. Break up any clumps that form, stir until well mixed. Before vacuuming sprinkle powder from a shaker type can or jar. Let it sit on the carpet for about 15 minutes then vacuum.

Or

Herbal

1 cup baking soda, 1/2 cup lavender
flowers

Crush the lavender flowers to release their scent. Mix well with baking soda and sprinkle liberally on carpets. Vacuum after 30 minutes.

Natural

Sprinkle baking soda on carpets before vacuuming for a natural rug deodorizer.



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Air Fresheners/Deodorizers

- Place cloves, cinnamon sticks, allspice or other favorite scented spice in a pot of water, simmer for 1-2 hours
- Put a few slices of leftover orange or lemon rinds in a pot of water, simmer for 1-2 hours
- Place baking soda in an open container of your choice. Good for closets, refrigerators and other small enclosed spaces
- 2-3 slices of white bread absorbs refrigerator odors
- Place lemon slices in an open bowl in the kitchen
- Vinegar in a cup or bowl rids rooms of odors
- Pour vanilla extract into a shallow dish and set in an out of the way place.



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Spray Air Freshener/Deodorizer

Lemon and baking soda spray:

1 teaspoon baking soda
2 teaspoons lemon juice
2 cups hot water

How to make: Dissolve baking soda in 2 cups hot water, add lemon juice, pour into spray bottle, spray into air as air freshener.



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Disinfectants

- Regular cleaning with plain soap and hot water will kill some bacteria.
- Borax has long been recognized for its disinfectant and deodorizing properties.
How to make: Mix 1/2 cup Borax into 1 gallon hot water or undiluted vinegar and clean with this solution.
- Mix a half-cup of borax with 1 gallon hot water. Add a few sprigs of fresh thyme, rosemary or lavender. Steep for 10 minutes, strain and cool. Or add essential fragrant oils instead of fresh herbs. Store in a plastic spray bottle.
- 2 tablespoons borax, 1/4 cup lemon juice, 2 cups hot water. Combine the borax and lemon juice with the water in a spray bottle. Use as you would any commercial all-purpose cleaner.



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Carpets/ Upholstery

A great non-toxic carpet stain remover is club soda. Soak spot immediately with soda and blot until the stain is gone.

- Pet Urine on Carpets: Dab area with toweling to absorb as much as possible, wash spot with liquid dish detergent, and rinse with 1/2 cup vinegar diluted in 1 qt warm water. Lay towels or paper towels over the spot and weight down to absorb excess moisture. Let stand 4 to 6 hours, then remove toweling, brush up nap and allow drying completely. Use an electric fan to speed drying.



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Carpets/Upholstery

(continued)

- Red wine stains can be removed from carpet by rubbing baking soda in and vacuuming.

Sprinkle cornstarch onto carpet, vacuum.

- To remove grease spots from carpets, first absorb excess the liquid with a sponge, then rub a liberal amount of baking soda into the spot. Let it absorb overnight. Next day, remove the excess and vacuum the area.



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Floor Cleaners

A pencil eraser removes heel marks from a floor.

For greasy, no-wax floors:

- 1 cup vinegar
- 1/4 cup baking soda
- 1 tablespoon vegetable oil-based liquid soap
- 2 gallons hot water

Combine all ingredients, stirring well to dissolve the soda. Mop as usual.



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Toilet Bowl Cleaners

Baking Soda and Vinegar:
Sprinkle baking soda into the bowl, then squirt with vinegar and scour with a toilet brush. Cleans and deodorizes.

Or

Borax and Lemon Juice. For removing a stubborn stain, like toilet bowl ring.

How to make: Mix enough borax and lemon juice into a paste to cover the ring. Flush toilet to wet the sides, then rub on paste. Let sit for 2 hours and scrub thoroughly. For less stubborn toilet bowl rings, sprinkle baking soda around the rim and scrub with a toilet brush.



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Tub And Tile Cleaners

- **Baking Soda.** Sprinkle baking soda like you would scouring powder. Rub with a damp sponge. Rinse thoroughly.
- **Vinegar and Baking Soda.** To remove film buildup on bathtubs, apply vinegar full-strength to a sponge and wipe. Next, use baking soda as you would scouring powder. Rub with a damp sponge and rinse thoroughly with clean water.
- **Baking Soda.** To clean grout, put 3 cups baking soda into a medium-sized bowl and add 1 cup warm water. Mix into a smooth paste and scrub into grout with a sponge or toothbrush. Rinse thoroughly and dispose of leftover paste when finished.



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Plumbing Fixtures

- To clean stainless steel, chrome, fiberglass, ceramic, porcelain or enamel fixtures, dissolve 2 tbsp baking soda in 1 qt of water. Wipe on fixtures then rinse.
- Vinegar and Paper Towels. Hard lime deposits around faucets can be softened for easy removal by covering the deposits with vinegar-soaked paper towels. Leave the paper towels on for about one hour before cleaning. Leaves chrome clean and shiny.
- To remove deposits which may be clogging the shower head, combine 1/2 cup white vinegar and one quart water. Then completely submerge the shower head and boil 15 minutes. Plastic Shower Heads, Combine 1 pint white vinegar and 1 pint hot water. Completely submerge the shower head and soak for about one hour.



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Metal Cleaners

Silver:

- Use toothpaste instead of toxic silver cleaner to clean and brighten even your best silver. Use an old soft bristled toothbrush and warm water.
- Rub with a paste of baking soda and water.
- To magnetize tarnish away, soak silver in salted water in an aluminum container; then wipe clean.
- Soak in boiling water, baking soda, salt, and a piece of aluminum foil.

When a quick dip for silverware is needed, prepare a solution of baking soda in tepid-cool water (1 level teaspoon to a quart) and brush with a soft toothbrush.



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Metal Cleaners

Brass:

Mix equal parts salt and flour with a little vinegar, then rub.

Chrome:

Rub with undiluted vinegar.

Copper:

Rub with lemon juice and salt, or hot vinegar and salt.

Stainless Steel:

Rub with a paste of baking soda and water.



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Oven Cleaners

The first step is prevention. Put a sheet of aluminum foil on the floor of the oven, underneath but not touching the heating element. Clean up the spill as soon as it occurs.

Several techniques for tough spills:

- While the oven is still warm, sprinkle salt or baking soda on the spill. If the spill is completely dry, wet the spill lightly before sprinkling on salt. When the oven cools, scrape away the spill and wash the area clean.
- Baking soda, water; salt; vegetable oil-based liquid soap. Sprinkle water on oven bottom. Cover with baking soda. Let sit overnight. Wipe off and apply liquid soap with scouring pad.

Rinse.



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Oven cleaners (continued)

- Retard grease buildup in your oven by dampening your cleaning rag in vinegar and water before wiping out your oven.
- Sprinkle/spray water followed by a layer of baking soda. Rub gently with a very fine steel wool pad for tough spots. Wipe off scum with dry paper towels or sponge. Rinse well and wipe dry.
- 2 tablespoons vegetable oil-based liquid soap, 2 tablespoons borax: Mix the soap and borax in a spray bottle. Fill the bottle with hot water and shake well. Spray on oven and leave for 20 minutes. Scrub off.



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Pots and Pans

No-Stick Cookware

To remove stains from non-stick surfaces, pour a solution of 1 cup water, 2 tbs. baking soda into a pan, simmer 5 to 10 minutes. Do not allow mixture to boil or to boil over the side of the pan. Wash in hot soapy water, rinse and dry. Apply a light coating of cooking oil.

Baking Dishes - Enamel, Ceramic or Glass:

- Soak in hot soapy water, then scour with salt or baking soda and rinse thoroughly.



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Shoe Polish/Leather Care/ Deodorizer

Cold Pressed Nut Oil, Olive Oil, Walnut Oil, or Beeswax: Apply oil/wax to leather then buff with a chamois cloth to a shine.

Lemon Juice. Good for black or tan leather shoes. Follow by buffing with a soft cloth.

Vinegar; Remove water stains on leather by rubbing with a cloth dipped in a vinegar and water solution.

Petroleum Jelly. A dab of petroleum jelly rubbed into patent leather gives a glistening shine and prevents cracking in the winter.



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Shoe Polish/Leather Care/ Deodorizer (continued)

Vinegar. To shine patent leather, moisten a soft cloth with white vinegar and wipe clean all patent leather articles. The color of the leather may be slightly changed.

Art-Gum Eraser and Sandpaper or Emery Board. Dirt marks on suede can be rubbed out with an art-gum eraser. Then buff very lightly an emery board.

Add a shine to shoes by polishing with the inside of a banana peel, then buff.



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Miscellaneous Cleaners

Decals/Gummed Labels/Price Tag Remover

Use vinegar. To remove non-slip appliques and strips from bathtubs, saturate a cloth or sponge and squeeze hot vinegar over decals. Vinegar also removes stick-on hooks from painted walls. Saturate a cloth or sponge with vinegar and squeeze the liquid behind the hook so that the vinegar comes in contact with the adhesive. In addition, vinegar can be used to remove price labels and other decals from glass, wood, and china. Paint the label or decal with several coats of white vinegar. Give the vinegar time to soak in and after several minutes the decal can be rubbed off. *(NOTE: Use these methods only on washable surfaces and washable paint)*

Grease Cutters:

Use lemon juice, vinegar, or sprinkle with borax and scrub with scrub brush.

1/2 tsp. washing soda, 1/2 tsp. vegetable oil-based liquid soap, 3 tbsp. vinegar, and 2 cups hot water. Mix in spray bottle, spray and scrub, wipe clean.



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Miscellaneous Cleaners (continued)

Paint Brushes:

Soften hard paintbrushes in hot vinegar for a few minutes. Then wash paintbrush in soap and warm water and let dry.

Rust Remover:

To remove rust from tin-ware, rub with a peeled potato dipped in a mild abrasive such as baking soda or salt. Aluminum Foil. Briskly scrub rust spots on car bumpers with a piece of crumpled aluminum foil, shiny side up.

Windshield Wiper Frost Free Fluid

Mix 3 parts vinegar to 1 part water and coat the car windows with this solution. This vinegar and water combination will keep windshields ice and frost-free.



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Shoe/Sneaker Deodorizer

6 Tbsp Cornstarch
3 Tbsp Baking Soda
20 drops Rosemary essential oil
20 drops Tea Tree essential oil
5 drops Lemon essential oil
5 drops Clove essential oil

How to make: Mix all, then put 1-2 Tablespoon in each shoe/sneaker and rub it in. Allow the powder to sit in the shoe overnight.



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Fleas and Ticks

Wash pets with castile soap and water, dry thoroughly, apply an herbal rinse made by adding 1/2 cup fresh or dried rosemary to a quart of boiling water (steep for 20 minutes), strain and cool. Spray or sponge onto pet's hair, massage into skin. Let air dry, do NOT towel dry as this removes the residue of the rosemary.

- Frequent vacuuming is very helpful, but you must immediately dispose of the vacuum bag afterwards. Recent studies have shown that vacuuming may kill fleas almost as effectively as insecticides.
- Boric acid is safe and effective for crevice/baseboard



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Roaches:

- Mix equal parts boric acid with flour , sprinkle around cracks and crevices **or**
- Mix equal parts boric acid with corn meal, sprinkle around cracks and crevices **or**

Mix Borax with a little brown sugar and flour and sprinkle behind appliances, under sink, and in corners. Cockroaches carry the mixture back to their nests **or**

Heloise's Famous Roach Recipe:

1/4 cup shortening
1/8 cup sugar
8 oz. boric acid
1/2 cup flour
Ample water to form a dough

Mix all, form small balls of dough and set out in open plastic sandwich bags (to retain moisture longer, when hardened, replace with new dough)

CAUTION: Boric Acid always refer to safety precautions on the package.



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Moths

Use cedar chips, shredded newspapers, lavender flowers...moths don't like the smell.

Mice

- Buy a "Have-a-Heart" mouse trap, catch the little guys alive and unharmed and set them free far from your or anyone else's home.
- Keep a cat/cats to deter mice from even thinking about taking up residence.

Keep things clean! No food left out for the little guys to eat. Food, after all, is why they entered your home to begin with. They are not there to disgust you or make your life miserable, they just want something to eat! Don't oblige



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